

# GIFT EXCHANGE: Exchange Worry for Wonder

MATTHEW 6:25-34

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■ Social Media: #GiftExchange

## Exchange a Head of Worry For a Heart of Wonder

### 1. Exchange Worry for a Wonderful Master (25).

### 2. Exchange Worry for Wonderful Motivation (25-34).

- a. Worry is Unlawful (25).
- b. Worry is Unfitting (25-26).
- c. Worry is Unproductive (27).
- d. Worry is Unbelieving (28-30).
- e. Worry is Unevangelistic (26, 31-33).
- f. Worry is Unbearable (34).

### 3. Exchange Worry for Wonderful Movement (33).

#### **Matthew 6:25–34**

*“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on.*

*Is not life more than food, and the body more than clothing? <sup>26</sup>Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?*

*<sup>27</sup>And which of you by being anxious can add a single hour to his span of life?*

*<sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?*

*<sup>31</sup>Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup>For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

*<sup>34</sup>“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. (ESV)*

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### APPLICATION QUESTIONS

1. We generally worry about things outside of our control. Today's passage shows us that worry is comically unproductive. Can you identify how worry creates a busy mind without producing a productive life?
2. In verses 25-30, we see several images of how God cares for the little things of life (the flowers, the birds, children, etc.). How does knowing God's care for the little things in life give you peace in times of major anxiety? How could we routinely be reminded of God's constant care?
3. What does it mean that "the Gentiles seek after these things?" How do we not fall into the trap of pagan living, living as a people who do not have God as their Father? What's the major problem with displaying worry before the Gentiles? What types of "movements" should the people of God have?

### ***Quote for the Week***

by Sinclair Ferguson

*"It is only when we want to take our lives out of the Father's hands and have them under our own control that we find ourselves gripped with anxiety. The secret of freedom from anxiety is freedom from ourselves and abandonment of our own plans. But that spirit emerges in our lives only when our minds are filled with the knowledge that our Father can be trusted implicitly to supply everything we need."*

Sinclair Ferguson, "The Sermon on the Mount," *Banner of Truth*, Carlisle, PA.: 1987, p. 144.

